



TOWN OF NORTH HEMPSTEAD  
SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND  
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

## Exercise for Balance and Strength to Reduce Falls Tai Chi & Advanced Class



**Improve your Balance, Strength and Flexibility with Tai Chi**  
**Fridays 10 a.m.-11 a.m.**

(9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4)

**Mondays 11:30 a.m.-12:30 p.m.**

(9/12, 9/19, 9/26, 10/3, 10/17, 10/24, 10/31)

**\*Tai Chi participants must commit to 11 out of the 16 classes.**  
**Registration closes 9/16.**

### **Advanced Class**

**Fridays 11:30 a.m.-12:30 p.m.**

(9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4)

**North Hempstead “Yes We Can” Community Center**

**PI Senior Lounge**

**141 Garden Street, Westbury, NY 11590**



\*Participants must wear comfortable clothing, secure footwear (lace up shoes or sneakers),  
and bring water.

Please call 311 or 869-6311 to register or for more information.

**CALL 311 OR (516) 869-6311**  
**NORTHHEMPSTEADNY.GOV**

